

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

FACT SHEET ON CABBAGE
A VICTORY FOOD SELECTION

FEBRUARY 10, 1944

ANOTHER RECORD BROKEN

The largest winter crop of green cabbage ever raised in the United States is now going to market. Latest crop reports indicate more than 500,000 tons in prospect -- half again as large as any previous harvest.

This is welcome news to consumers in this third winter of war, with so many foods scarcer and harder to find. Cabbage is one of the most important of all vegetables -- a mainstay of diet in this country and in many other nations. And in war years, the late winter months are always the hardest in which to provide well-balanced meals with appetite appeal.

Some of this cabbage will be dehydrated, for soldiers and sailors abroad, for shipment to our allies and other friendly nations, and for other strategic uses. Another part of this crop will be processed into kraut, to help replenish dwindling supplies of this favorite food.

Even when these needs are filled, and when the military services have bought all the fresh cabbage they need for feeding men in this country, there will still be a huge supply of cabbage for civilians -- far more than we ever had before at this time of year.

LET'S ALL EAT CABBAGE!

Every housewife, every consumer, should give more than usual attention to cabbage during the height of the winter marketing season. Cabbage should be featured often in meal planning -- thus taking pressure off other and less plentiful foods and helping growers and handlers to move their record-breaking crop. That is why the War Food Administration has designated cabbage as the Nation-wide Victory Food Selection during the period February 24, through March 4, 1944.

CABBAGE "CURRENCY" IN THE FOOD VALUE MARKET

Green cabbages count their vitamins and minerals high, and their calories low. In the cabbage family, "C" stands for both Cabbage and Vitamin C. To make the most of the "C" serve cabbage raw just after slicing, or cook it just long enough to make it tender. Vitamin C is elusive; it's easily destroyed by heat and easily oxidized by air. A daily supply of this vitamin is important because the body does not store it up. There are some other vitamins in cabbage, too; some thiamine (vitamin B₁); some riboflavin (vitamin G); and some niacin. And very green cabbage, the kind abundant just now, throws in Vitamin A for good measure. Minerals, too, -- calcium, iron, and some phosphorous-- add to the worth of cabbage as "currency" at the food value market.

WHEN IN DOUBT CHOOSE CABBAGE

There's almost no end to the delicious ways of serving green cabbage, alone or in combination. Cool crisp cole slaw; hot savory slaw; cabbage boiled in meat broth; panned cabbage; cabbage boiled in quarters, chopped cabbage quick-cooked in milk, and scalloped cabbage. For variety and zest in salads, combine shredded or chopped cabbage with shredded carrots, or grated onion, cut spinach, diced celery, apples, grapes, nuts, dried fruit or hard-cooked eggs; cucumbers, green peppers or fresh

pineapple when these are in season, or canned pineapple when ration points allow. . Interesting hot combinations include cabbage and apple scallop, cabbage scalloped with bits of ham, crisp bacon, or salt pork, cabbage in vegetable chowder, cabbage with cheese sauce, and cabbage scalloped with peanuts.

Panning is a quick and easy, top-of-stove way to cook green cabbage. It is thrifty of food values, too, for the cabbage is cooked and served in its own juices, with just enough fat to season.

For each quart of cabbage shredded in narrow strips, allow 2 tablespoons of fat. Melt the fat in a heavy flat pan, add the cabbage, and cover to hold in the steam. Cook the cabbage slowly until tender, but not mushy. Now and then give it a stir to keep it from sticking to the pan, and when ready to serve, season with salt and pepper.

Drippings from meat, fried sausage, salt pork, or bacon serve especially well as the fat in panned vegetables. Of, if preferred, fry some salt pork that has been cut in small pieces or bacon slices, use the fat in panning the cabbage, then add the crisp bits of meat just before serving.

Milk, slightly thickened, is another good seasoning for panned cabbage. Sift flour lightly over the cooked cabbage and mix well, add milk, and stir until thickened. Season with salt and pepper.

Vary the flavor of panned cabbage by adding a little chopped onion, or leftover bits of meat, when the cabbage is almost tender.

Quick-cooked or "5-minute" cabbage is a delicate and delicious dish, with food values intact. To prepare it, heat 3 cups of milk, add 2 quarts of shredded cabbage, and simmer for about 2 minutes. Mix 3 tablespoons of flour with 3 tablespoons of melted fat. Add to the blended flour and fat a little of the hot milk. Stir this into cabbage and cook for 3 or 4 minutes, stirring all the while. Season to taste with salt and pepper and serve at once.

For cabbage slaw - hot or cold - cut cabbage in quarters, wash thoroughly in cold water. Drain, shred, and set aside in a cold place until crisp. Pour hot tart salad dressing over the crisp cabbage; stir until well mixed. Serve hot or cold.

Add zest to cooked green cabbage by introducing meat flavor; especially good is the flavor of salt or smoked meat. Cover the meat with water and simmer until almost tender. Use some of this liquid for cooking the vegetable - dilute if too salty. Simmer gently until the cabbage is tender but not broken. Season to taste.

FROM WAY DOWN SOUTH AND THE FAR WEST

Most of this winter crop of green cabbage comes from Florida, Texas, California, and Arizona. It starts to market around the first of February in large volume, and the peak will continue past the middle of March. From the South, this cabbage will consist mainly of the domestic type. Quality, of course, will be variable, but there will be plenty of good, sound heads, ranging from 2 to 4 pounds each for the most part -- a popular consumer size. Produce handlers should arrange for supplies as early as possible so as to assure consumers a good supply in all markets.

* * *
* * *
*